

WOLF WATCH

— WEEKLY E-NEWS —

News for the Week of November 6

All School

World Series Champs! Celebrate the 'Stros Tomorrow!

All students are invited to join us in celebrating the Astros' World Series win by **wearing Astros shirts/jerseys with uniform bottoms tomorrow—Monday, November 7!**

Explore and Extend: Notes About Upcoming Events

WINTER BREAK CAMPS: DECEMBER 19–21

Our winter break camps will be held December 19–21 on both campuses. **Registration for these camps will open this Tuesday, December 8, at 10:00 a.m.** Additional camps may be added before registration opens. Registration is through the Explore and Extend registration link on our website, [here](#).

- **Christmas Fun Camp (Primary I & II):** December 19–21; 9:00 a.m.–12:00 p.m.
- **Christmas Make and Take Camp (Grades K–4):** December 19–21; 9:00 a.m.–12:00 p.m.
- **Winter Basketball Camp (Coed/Grades 2–5):** December 19–21; 9:30 a.m.–12:30 p.m.
- **Christmas Cookie Spectacular Camp (Grades 3–8):** December 19–21; 9:00 a.m.–12:00 p.m.
- **Winter Baseball (Grades 4 & 5):** December 21 ONLY; 10:00 a.m.–12:00 p.m.
- **Girls Lacrosse (Grades 5-8):** December 19–21; 8:00-9:30 a.m.
- **Winter Defensive Baseball Camp (Grades 6-8):** December 19–20; 10:00-11:30 a.m.

NEXT PARENTS' NIGHT OUT IS DECEMBER 9

Our next Parents' Night Out is Friday, December 9, for students in grades K–8. This event will be held on our Piney Point Campus from 6:00 to 10:00 p.m. Join us for dinner, games, crafts, Nerf wars, and more! Cost is \$35 per student. Registration is through the Explore and Extend registration link on our website, [here](#).

REGISTRATION FOR SPRING EXPLORE AND EXTEND ENRICHMENT CLASSES

Registration for spring Explore and Extend Enrichment Classes, as well as for School of Music lessons, opens on **Tuesday, December 6, at 10:00 a.m.** Registration links can be found on our web page, [here](#).

SCHOOL OF MUSIC RECITALS

Our Fall 2022 School of Music recitals will be held on Sunday, December 4, and Sunday, December 11, in our Fine Arts Center on the Piney Point Campus. Students should arrive 20 minutes before their recital time.

Sunday, December 4

- 1:00 p.m.—Students of Sylvia Ouellette, Marc Garvin, and James Johnson
- 2:30 p.m.—Students of Dr. Dan Zajicek and Sarah Bouse

Sunday, December 11

- 1:00 p.m.—Students of Callie Denbigh and Dr. Andrew Nishikawa
- 2:30 p.m.—Students of Dr. Andrew Nishikawa; please refer to email lists for which time is assigned to your child if studying with Dr. Nishikawa

Pumpkin Carving Contest: And the Winners Are ...

Thanks to all who worked so hard and participated in this year's Pumpkin Carving Contest—turnout was among the best yet and the competition was steep! A big shout-out to our staff judges, who had their work cut out for them in determining the best in each category: Lorin Crater, Daniel Escareno, Mauro Gomez, and Amy Whitley.

Without further ado ... the winners!

1. **Best in Kindergarten:** "Ariel" by Scarlett Scoggins
2. **Best in First Grade:** "Woody Mutton Bustin" by Ford Meserve
3. **Best in Second Grade:** "Piglet Surprise" by Emory Wuertz
4. **Best in Third Grade:** "Surfside Sunset" by Margot Bacon
5. **Best in Fourth Grade:** "Swans in Paris" by Sally Meserve
6. **Best in Fifth Grade:** "Harry Potter" by Ethan Oholendt
7. **Best in Sixth Grade:** "The Eye Dunno Pumpkin" by Blake Chisholm
8. **Best in Seventh Grade:** "Hungry Mummy" by Shay Sonneborn
9. **Best in Eighth Grade:** "Pumpkins of the Caribbean" by Maya Amin
10. **2022 Best Pumpkin Overall:** "B.P. Cheeseburger" by Emma Hartigan
11. **Best "Collab" Pumpkin (Family, Friends, or Class Pumpkin):** "80s Yearbook" by Cruzalegui Advisory
12. **School Spirit Award:** "Howlin' Around" by Fiona Clements
13. **Best Book Character:** "Captain Underpants" by Enzo White
14. **Most Detailed:** "Hallie's Sweet Donuts" by Hallie Abel
15. **Most Unique:** "Boo-cci" by Lexi Cotuno
16. **Most Adorable:** "Gummy Bear" by Bella Brannan
17. **Best TV/Movie Character:** "Up" by Carson Chisholm
18. **Best Food:** "HEB Basket" by Carter Meserve

19. **Best Person:** “Ted Lasso/AKA ... Dead Lasso” by James Hinton
20. **Best Animal:** “3 Little Pigs” by Liston Johnson
21. **Silliest:** “Stuart—Purple Minion” by Emily Kafka
22. **Grossest:** “Slimy Brains” by Charlotte Pearce
23. **Spookiest:** “The Blood Egg” by Marian Javidi
24. **Best Sports Themed:** “Kyle Gord Tucker” by Ashton Lawton
25. **Best Carved Pumpkin:** “Flames of the Dragon” by Piper Dikeman

A BIG congratulations to this year’s SFE Pumpkin Carving Contest winners!

In Appreciation of Our Faculty and Staff

This week, the St. Francis Parents Organization (SFPO) will host lunch on both campuses to show their appreciation for our teachers and the tremendous work they do. In that same spirit, we’d like to share the following message, which Don North sent to faculty and staff last week:

I began my career in education some years ago teaching eighth grade English at St. Mark’s School in Dallas, Texas. One of the most popular books in the eighth grade English curriculum at that time was The Bridge Over the River Kwai by Pierre Boulle. The book, a work of fiction, describes life in a Japanese prisoner of war camp in Burma (now known as Myanmar) during World War II. The Japanese camp commander orders the prisoners, British soldiers, to build a bridge over the River Kwai to provide a link in the Burma-Siam Railway, a main supply route for the Japanese Imperial Army. As the bridge opens and the first Japanese train is crossing the river, guerilla fighters detonate explosives attached to the piling, and the bridge collapses. If you haven’t viewed the 1957 movie based on the book, you might enjoy it. The movie won a host of Academy Awards and is ranked among the very best American films of all time.

One day while my students were reading and studying the book, one of the boys spoke to me after class and told me that his father had been a US Army guerilla in Burma during WWII, and he suggested that his father might be willing to speak to the class. I jumped at the opportunity, called his father, and told him that while it would be nice for him to speak to his son’s class, what I would really like him to do was to give me a full day and speak to all five of my eighth-grade English classes. He agreed.

At the time (and probably still), 14-year-old boys were fascinated by war stories, and they were rapt when this man came to talk about his experiences behind the lines in Burma. He had spent several years during WWII in and around several Kachin villages in northern Burma, had learned the Kachin language, and led Kachin men in multiple raids on Japanese supply bases and lines.

It was a great day for my students, and for me, as well. Our guest had composed introductory comments and he had also read the book, so he was well prepared. He delivered his comments, spoke briefly about the book (though a great story, it was inaccurate in many ways), and then he answered their questions. At the end of the day, I thanked him for giving so generously of his time.

"Is it like this every day?" he asked.

"Yes, pretty much," I replied.

"I'm exhausted," he told me. "The energy of these boys, the way they kept coming, wanting more. This is far worse than my day job now"—he was a financial advisor to the Murchison brothers, well-known Dallas oilmen—"and not far off my life in Burma during the War."

The last comparison was probably a bit of an exaggeration, but he finished the day with heightened respect for the energy that teaching requires.

Teaching does indeed take exceptional energy, as well as knowledge, skill, wisdom, deep professional commitment—and love.

At St. Francis Episcopal School, we are so very fortunate in what you, our faculty and staff, bring to your work every day. Our community is also blessed with a warm and caring parent community that recognizes the sacrifice and love you give to their children. As the SFPO dedicates their efforts to show their gratitude next week, I join them in tipping my hat.

All best wishes,

*Don North
Interim Head of School*

The St. Francis Fund Is Off to a Great Start!

Thank you to all the parents who made a gift or pledge last week. We are very grateful for your generosity!

Did you know that the St. Francis Fund provides vital resources to attract and retain our **top-notch teachers**, who are so skilled in bringing out the greatest potential in every child? Your gift directly impacts the classroom experience, so please **make your gift today!**

[For more information, please see our St. Francis Fund web page.](#)

Watch the October 27 Connections Event

Thank you to everyone who joined us at our October Connections event, where Marisa Nowitz spoke about "Navigating Difficult Conversations With Children and Teens." If you were unable to attend, you can view the presentation on the Parent Portal under "Important Links/Recordings."

This Week: Volunteers Needed for Teacher Appreciation Luncheons

Teacher Appreciation Lunches are this Wednesday, November 9, and Thursday,

November 10, and we need your help! Please click on the following links to sign up and help make this a wonderful event for our teachers:

- [Lower School Teacher Appreciation Luncheon](#)
- [Primary School Teacher Appreciation Luncheon](#)

With questions, please contact [Julie Grandt](#).

Friends of Fine Arts: Next Meeting Is This Tuesday

Friends of Fine Arts will be meeting this Tuesday, November 8, at 8:30 a.m. in the 9000 Westheimer administration building. Come get the latest news and learn how to get involved. All are invited to attend, and we can go vote afterward.

Wednesday: Volunteers Needed for Art Refresh at PPC

Help us change out the art display on Piney Point Campus! We need 10 to 12 people to help us put up new student artwork in the frames that are in the People Place and outside the Fine Arts Center. Please plan to come by between 8:00 and 11:00 a.m. this **Wednesday, November 9**. Anyone can join us—no experience needed! Please [email Annie Hartigan](#) with any questions.

- **When:** Wednesday, November 9, from 8:00 to 11:00 a.m.
- **Where:** Meet in the People Place or outside the Fine Arts Center
- **Who:** Anyone!

To sign up to volunteer, please [click here](#).

Beauty and the Beast Is This Weekend: Buy Tickets Now

Please join us for the Upper School musical performance of *Beauty and the Beast* this Friday, November 11, and Saturday, November 12, at 7:00 p.m. in the Fine Arts Center. Our younger guests are encouraged to attend our matinee at 2:30 p.m. on Sunday, November 13.

- To purchase tickets and intermission snacks, [click here](#). Belle, Beast, Gaston, and their cadre of friends can't wait to welcome you to the castle!
- Special "Beast Boxes" are available for advance purchase for \$12 for guests who need a snack during intermission! Our Beast Boxes will satisfy your hunger for salty and savory with popcorn, goldfish, M&M's, and sugar cookies! **Reserve your box in advance by this Wednesday, November 9.**

DATE CHANGE: Dads' Club Football Watch Party Is Now November 14

Co-chairs Arthur Donnelly and James Breaux invite all St. Francis dads for fellowship, food, and football on **Monday, November 14**, at 7:00 p.m. in the Hogan Board Room on Piney Point Campus. (Even if they RSVP'd for the previous date, we ask that dads confirm their attendance for the new date. Thank you!)

Note From the Dads' Club Co-Chairs: We have been advised that more moms than dads read Wolf Watch, so moms, please share the date change information with your husband and encourage him to check his email to RSVP to the invitation.

Support the Home Team

The Booster Club invites you to come out and support our Wolves at this week's home games. We will be selling concessions at all games, and most items are \$2. Exact change is much appreciated. Click [here](#) and scroll down to see the game schedule for the week.

From the Nurse's Desk: Flu Guide for Parents

Influenza season is upon us. For information about the illness, including tips on how to treat it and how to protect your child from getting it, [click here](#).

Primary School

From the Assistant Head of School

I begin most days in our carpool line. That may not be everyone's idea of the best way to start the day, but it is for me. Not every student jumps out of bed in the morning, but for the most part, students are eager to see friends and arrive with enthusiasm, ready to take on the day's challenges.

I enjoy seeing the interaction between children and parents at this time of day. There are always last-minute prompts to remember to take the water bottle, laptop, library book, or sports gear, and reminders of the end-of-the-day pickup arrangements. What I enjoy most are the final words. It's different in every family. Most common—and of course the most important—are the three little words, "I love you." There are also often endearing words of encouragement that are part of a family's routine: "Honor everyone." "Be a leader." "Be a person for others." "Have fun today."

When I dropped off my son at school and said goodbye, I would say, "Do your best work today—I love you." His response was, "I love you, too, mom." Somewhere in those years, he added in, "Do your best work, too!" I don't remember how old he was then, but I do remember how it felt when I heard him say it the first time. It confirmed for me that he was listening, and that he also expected the same from me.

These weren't throwaway, mundane words for me. I meant it, and he did, too. I didn't want perfection from him—just his best. My son's words back to me reinforced that I had to model what I wanted to see in him. Doing your "best work" wasn't just about what happened in class that day. It wasn't just checking work for errors, studying, or editing a paper to improve the writing. Helping others, being respectful, and choosing kindness each day were part of that expectation. It meant working to be the best person you could be—working on yourself. One of my colleagues had a similar routine when her children left their home to spend the night out, go to a social event, attend a school dance, or otherwise move outside of the watchful eye and familiar voice of a parent.

She would say, “Remember, you’re a Westbrook.” Her children knew what that meant. Their family’s expectation was that they would be a person of honor everywhere—and with everyone. They were being trusted to make good decisions even while a parent or teacher was not present. It was a collective responsibility of each family member.

Words matter. Our children are always listening and watching. Thank you for modeling in words and actions the kind of people we all want our children to become. As educators, it is an honor to be on this journey with you.

Blessings,

Amy Whitley, MA
Assistant Head of School

Beauty and the Beast: Be Our Guest for Cupcakes With the Characters!

Primary and Lower School students are invited to join the cast of the Upper School musical performance of *Beauty and the Beast* to enjoy Cupcakes With the Characters this Sunday, November 13. The event will be held from 1:00 to 2:15 p.m. in the Dining Hall before the matinee show at 2:30 p.m.

Come dressed as your favorite prince, princess, or Disney character, and enjoy a preview of one of the show's big numbers, plus decorating crowns, a photo booth, specialty cupcakes, and so much more! You will have the chance to personally meet and take photos with our main characters, including Belle, Beast, Lumiere, Gaston, Cogsworth, Lefou, and Mrs. Potts.

[Click here to buy tickets for the Cupcakes With the Characters Party.](#) (These are separate from tickets for the show, which you can purchase **[here](#)**. **Please be sure to purchase both.** Student tickets for Cupcakes With the Characters are \$15, and adult tickets are \$5.)

Mark Your Calendar

Monday, October 31

- *PS Parent Conference Day*: Student holiday
-

Tuesday, November 1

- *Chapel*: 9:30 a.m.; Primary II parents may attend
-

Wednesday, November 2

- *Chapel: 9:30 a.m.*; Primary I parents may attend
-

Monday, November 7

- *Primary II Students Step Forward to Lower School (Owens and Wiener)*
 - *Open Library: 3:15 p.m.*
-

Tuesday, November 8

- *Chapel: 9:30 a.m.*; Primary II parents may attend
-

Wednesday, November 9

- *Chapel: 9:30 a.m.*; Primary I parents may attend
-

Thursday, November 10

- *Primary II Students Step Forward to Lower School (Hughes and Capasso)*
-

Monday, November 14

- *Pre-Primary Parent Step Forward to Primary I: 10:45 a.m.*
 - *Pre-Primary Lunch on the Lawn: 11:00 a.m.*
 - *Open Library: 3:15 p.m.*
-

Tuesday, November 15

- *Chapel: 9:30 a.m.*; Primary II parents may attend
 - *Primary II Parent Step Forward to Lower School: 10:00 a.m. on the Piney Point Campus*
 - *Primary II Lunch on the Lawn: 11:30 a.m.*
-

Wednesday, November 16

- *Chapel: 9:30 a.m.; Primary I parents may attend*
 - *Primary I Parent Step Forward to Primary II: 10:45 a.m.*
 - *Primary I Lunch on the Lawn: 11:00 a.m.*
-

Monday, November 21–Friday, November 25

- *Thanksgiving Break*
-

Monday, November 28

- *Open Library: 3:15 p.m.*
-

Tuesday, November 29

- *Chapel: 9:30 a.m.; Primary II parents may attend*
-

Wednesday, November 30

- *Chapel: 9:30 a.m.; Primary I parents may attend*
-

Monday, December 5

- *Open Library: 3:15 p.m.*
-

Tuesday, December 6

- *Chapel: 9:30 a.m.; Primary II parents may attend*
 - *Explore and Extend Spring Registration Opens*
-

Wednesday, December 7

- *Chapel:* 9:30 a.m.; Primary I parents may attend
-

Monday, December 12

- *Primary I Christmas Parties:* 1:30 p.m.
 - *Open Library:* 3:15 p.m.
-

Tuesday, December 13

- *PS Lessons and Carols Chapel:* 9:30 a.m.; no parents in Chapel today
-

Wednesday, December 14

- *Chapel:* 9:30 a.m.; Primary I parents may attend
 - *Pre-Primary Christmas Parties:* 1:45 p.m.
-

Thursday, December 15

- *Primary II Nativities and Parties*
 - **Capasso:** 9:00–10:00 a.m.
 - **Owens:** 10:00–11:00 a.m.
 - **Wiener:** 11:00 a.m.–12:00 p.m.
 - **Hughes:** 12:00–1:00 p.m.

Lower School

From the Assistant Head of School

I begin most days in our carpool line. That may not be everyone's idea of the best way to start the day, but it is for me. Not every student jumps out of bed in the morning, but for the most part, students are eager to see friends and arrive with enthusiasm, ready to take on the day's challenges.

I enjoy seeing the interaction between children and parents at this time of day. There are always last-minute prompts to remember to take the water bottle, laptop, library book, or sports gear, and reminders of the end-of-the-day pickup arrangements. What I enjoy most are the final words. It's different in every family. Most common—and of

course the most important—are the three little words, “I love you.” There are also often endearing words of encouragement that are part of a family’s routine: “Honor everyone.” “Be a leader.” “Be a person for others.” “Have fun today.”

When I dropped off my son at school and said goodbye, I would say, “Do your best work today—I love you.” His response was, “I love you, too, mom.” Somewhere in those years, he added in, “Do your best work, too!” I don’t remember how old he was then, but I do remember how it felt when I heard him say it the first time. It confirmed for me that he was listening, and that he also expected the same from me.

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Words matter. Our children are always listening and watching. Thank you for modeling in words and actions the kind of people we all want our children to become. As educators, it is an honor to be on this journey with you.

Blessings,

Amy Whitley, MA
Assistant Head of School

This Week’s NeuroWhereAbouts Lesson

Keeping our students’ frontal lobes healthy and free from high-risk behaviors is the mission of our social-emotional learning and prevention program. This week in Lower School, we are learning about boundaries—including what boundaries are and how to set them. Log in to the Parent Portal to watch the videos your child watched this week!

Volunteers Needed for Grandparents and Grandfriends Days

Lower School students will welcome their grandparents and grandfriends to campus on November 17 and 18:

THURSDAY, NOVEMBER 17

- **Kindergarten:** 8:45–10:30 a.m.
- **First Grade:** 12:30–2:15 p.m.

FRIDAY, NOVEMBER 18

- **Second Grade:** 8:45–10:30 a.m.
- **Third and Fourth Grades:** 12:30–2:15 p.m.

We need parent volunteers! You can [sign up here](#).

Beauty and the Beast: Be Our Guest for Cupcakes With the Characters!

Primary and Lower School students are invited to join the cast of the Upper School musical performance of *Beauty and the Beast* to enjoy Cupcakes With the Characters this **Sunday, November 13**. The event will be held from 1:00 to 2:15 p.m. in the Dining Hall before the matinee show at 2:30 p.m.

Come dressed as your favorite prince, princess, or Disney character, and enjoy a preview of one of the show's big numbers, plus decorating crowns, a photo booth, specialty cupcakes, and so much more! You will have the chance to personally meet and take photos with our main characters, including Belle, Beast, Lumiere, Gaston, Cogsworth, Lefou, and Mrs. Potts.

[Click here to buy tickets for the Cupcakes With the Characters Party](#). (These are separate from tickets for the show, which you can purchase [here](#). **Please be sure to purchase both**. Student tickets for Cupcakes With the Characters are \$15, and adult tickets are \$5.)

Mark Your Calendar

Monday, November 7

- *Chapel for Grades K–4*
 - 8:20 a.m. in the St. Francis Episcopal Church Sanctuary
 - Please be advised that there are limited parking spots in front of the school.

Tuesday, November 8

- *Fourth-Grade Art à la Carte:* 9:10–10:05 a.m. and 1:20–2:15 p.m.
- *Kindergarten Art à la Carte:* 11:15–11:55 a.m.

Wednesday, November 9

- *Third-Grade Art à la Carte:* 8:30–9:20 a.m.

- *Upper School Performs Beauty and the Beast Preview Play for Lower School: 1:00–2:00 p.m.; **STUDENT-ONLY EVENT***
-

Thursday, November 10

- *Chapel for Grades K–4*
 - 8:20 a.m. in the St. Francis Episcopal Church Sanctuary
 - Please be advised that there are limited parking spots in front of the school.
 - *Second-Grade Art à la Carte: 9:30–10:20 a.m.*
 - *First-Grade Art à la Carte: 10:10–11:00 a.m.*
-

Friday, November 11

- *Free Dress Day for Fourth-Grade ONLY*
-

Monday, November 14

- *Chapel for Grades K–4*
 - 8:20 a.m. in the St. Francis Episcopal Church Sanctuary
 - Please be advised that there are limited parking spots in front of the school.
 - *LS Photo Makeup Day: 9:00–11:00 a.m.*
-

Tuesday, November 15

- *Fourth-Grade Art à la Carte: 9:10–10:05 a.m. and 1:20–2:15 p.m.*
 - *Kindergarten Art à la Carte: 11:15–11:55 a.m.*
-

Wednesday, November 16

- *LS Group Admissions Tour: 9:00–11:00 a.m.*
-

Thursday, November 17

- *Chapel for Grades K–4 Will Be Held in Conjunction With Events Scheduled for Grandparents and Grandfriends Day*
 - *Kindergarten Grandparents and Grandfriends Day: 8:45–10:30 a.m.*
 - *First-Grade Grandparents and Grandfriends Day: 12:30–2:15 p.m.*
-

Friday, November 18

- *Second-Grade Grandparents and Grandfriends Day: 8:45–10:30 a.m.*
 - *Third- and Fourth-Grade Grandparents and Grandfriends Day: 12:30–2:15 p.m.*
 - *LS Trimester 1 Report Cards and Fall Narratives Released at 4:00 p.m.*
-

Monday, November 21–Friday, November 25

- *Thanksgiving Break*
-

Monday, November 28

- *Chapel for Grades K–4*
 - 8:20 a.m. in the St. Francis Episcopal Church Sanctuary
 - Please be advised that there are limited parking spots in front of the school.
 - *LS St. Nicholas Toy Gathering*
-

Tuesday, November 29

- *Fourth-Grade ERB Testing: 8:00 a.m.–12:30 p.m.*
-

Wednesday, November 30

- *Fourth-Grade ERB Testing: 8:00 a.m.–12:30 p.m.*
-

Thursday, December 1

- *Fourth-Grade ERB Testing: 8:00 a.m.–12:30 p.m.*

- *Chapel for Grades K–4*
 - 8:20 a.m. in the St. Francis Episcopal Church Sanctuary
 - Please be advised that there are limited parking spots in front of the school.
-

Friday, December 2

- *Fourth-Grade ERB Testing: 8:00 a.m.–12:30 p.m.*
- *LS St. Nicholas Toy Ingathering With Santa: 9:00–11:00 a.m.*

Middle School

From the Assistant Head of School

I begin most days in our carpool line. That may not be everyone’s idea of the best way to start the day, but it is for me. Not every student jumps out of bed in the morning, but for the most part, students are eager to see friends and arrive with enthusiasm, ready to take on the day’s challenges.

I enjoy seeing the interaction between children and parents at this time of day. There are always last-minute prompts to remember to take the water bottle, laptop, library book, or sports gear, and reminders of the end-of-the-day pickup arrangements. What I enjoy most are the final words. It’s different in every family. Most common—and of course the most important—are the three little words, “I love you.” There are also often endearing words of encouragement that are part of a family’s routine: “Honor everyone.” “Be a leader.” “Be a person for others.” “Have fun today.”

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Words matter. Our children are always listening and watching. Thank you for modeling in words and actions the kind of people we all want our children to become. As educators, it is an honor to be on this journey with you.

Blessings,

Amy Whitley, MA
Assistant Head of School

A Note From Dr. Crystal Collier

Keeping our students' frontal lobes healthy and free from high-risk behaviors is the mission of our social-emotional learning and prevention program. This week in Middle School, we are learning how technology overuse can affect brain development, plus the skills students can use to balance their screen time.

We care about your children's brain development and about empowering them to make healthy choices! So, students will have an opportunity to learn more about the brain in their advisory classes. Here is your at-home "to-do" checklist:

1. Log in to the Parent Portal and watch the video your child watched this week.
2. Click on the discussion or activity handout for that topic.
3. Use one or two of the discussion questions or activities with your child at home.
4. Praise them for learning and keeping their brain healthy and strong!

Warmly,

Crystal Collier, PhD, LPC-S
Counselor Scholar in Residence

Volunteers Needed for Grandparents and Grandfriends Days

Middle School students will welcome their grandparents and grandfriends to campus on **Wednesday, November 16:**

- **Middle School (Alphabetical A–K):** 11:00 a.m.–12:15 p.m.
- **Middle School (Alphabetical L–Z):** 1:00–2:15 p.m.

We need parent volunteers! You can [sign up here](#).

ERB Testing Is This Week

ERB Testing is November 9–11. Please see below for a few general reminders for you and your child:

- There are no tutorials during ERB days.
- There are no homework assignments or assessments during ERB days.
- **Bring a fully charged computer and charging cord to school each day.**

- Get a good night's sleep.
- Have a good breakfast, and remember to bring a water bottle, a snack, and a good book!
- Bring a St. Francis sweatshirt or light jacket in case the testing room is cool.
- Keep a positive attitude about the assessments!

Summer Travel Opportunity to Austria, Germany, and Switzerland

It's not too late to sign up for the optional summer trip to Austria, Germany, and Switzerland! Please [click here](#) for more information, including details on dates, price, itinerary, and registration instructions.

- Grades 6–11: Edelweiss Tour to Germany/Austria/Switzerland
- June 6–15, 2023
- Trip Leader: Chad Knesek

Mark Your Calendar

Monday, November 7

- *Dress Uniform*
 - *Middle School Chapel:* 9:50 a.m. in the St. Francis Episcopal Church Sanctuary
 - *Sixth-Grade Bible Study:* 12:45 p.m. in Mrs. Flores's room (boys' Bible study) and Mrs. Gutierrez's room (girls' Bible study); both rooms are right off of Crum Library
-

Tuesday, November 8

- *Regular Uniform*
-

Wednesday, November 9

- *Regular Uniform*
 - *ERB Testing*
-

Thursday, November 10

- *Middle School Chapel:* 10:10 a.m. in the St. Francis Episcopal Church Sanctuary
 - *ERB Testing*
-

Friday, November 11

- *St. Francis Spirit Dress*: Wear a St. Francis Spirit shirt with full-length jeans or uniform bottoms
- *ERB Testing*
- *Eighth-Grade Bible Study*: 12:15 p.m. in Mrs. Flores's room (boys' Bible study) and Mrs. Gutierrez's room (girls' Bible study); both rooms are right off of Crum Library

Upper School

From the Assistant Head of School

I begin most days in our carpool line. That may not be everyone's idea of the best way to start the day, but it is for me. Not every student jumps out of bed in the morning, but for the most part, students are eager to see friends and arrive with enthusiasm, ready to take on the day's challenges.

I enjoy seeing the interaction between children and parents at this time of day. There are always last-minute prompts to remember to take the water bottle, laptop, library book, or sports gear, and reminders of the end-of-the-day pickup arrangements. What I enjoy most are the final words. It's different in every family. Most common—and of course the most important—are the three little words, "I love you." There are also often endearing words of encouragement that are part of a family's routine: "Honor everyone." "Be a leader." "Be a person for others." "Have fun today."

When I dropped off my son at school and said goodbye, I would say, "Do your best work today—I love you." His response was, "I love you, too, mom." Somewhere in those years, he added in, "Do your best work, too!" I don't remember how old he was then, but I do remember how it felt when I heard him say it the first time. It confirmed for me that he was listening, and that he also expected the same from me.

These weren't throwaway, mundane words for me. I meant it, and he did, too. I didn't want perfection from him—just his best. My son's words back to me reinforced that I had to model what I wanted to see in him. Doing your "best work" wasn't just about what happened in class that day. It wasn't just checking work for errors, studying, or editing a paper to improve the writing. Helping others, being respectful, and choosing kindness each day were part of that expectation. It meant working to be the best person you could be—working on yourself. One of my colleagues had a similar routine when her children left their home to spend the night out, go to a social event, attend a school dance, or otherwise move outside of the watchful eye and familiar voice of a parent. She would say, "Remember, you're a Westbrook." Her children knew what that meant. Their family's expectation was that they would be a person of honor everywhere—and with everyone. They were being trusted to make good decisions even while a parent or teacher was not present. It was a collective responsibility of each family member.

Words matter. Our children are always listening and watching. Thank you for modeling in words and actions the kind of people we all want our children to become. As educators, it is an honor to be on this journey with you.

Blessings,

Amy Whitley, MA
Assistant Head of School

School Laptop Broken? Here's How to Get It Fixed

If your school MacBook Air laptop is malfunctioning or damaged, please [click here](#) for more information on how you can initiate a repair and what to expect during the process.

Beauty and the Beast: Buy Tickets Today!

Be our guest! Belle, Beast, Gaston, and their cadre of friends will be gracing our stage soon! Please mark your calendars for the Upper School musical performance of *Beauty and the Beast* in the evening on Friday, November 11, and Saturday, November 12, with a matinee performance on Sunday, November 13. **Tickets are now on sale**, and may be purchased via [this link](#).

Upper School Summer Travel Opportunities

ECUADOR AND GALAPAGOS ISLANDS TRIP

If you missed the recent parent information Zoom meeting for the optional summer trip to Ecuador and the Galapagos Islands, please email [Liat Goldstein](#) for a recording. You may also [click here](#) for trip details.

- Grades 9–11: Trip to Ecuador and the Galapagos Islands
- June 5–14, 2023
- Trip Leader: Liat Goldstein

GERMANY, AUSTRIA, AND SWITZERLAND

It's not too late to sign up for the optional summer trip to Austria, Germany, and Switzerland! Please [click here](#) for more information, including details on dates, price, itinerary, and registration instructions.

- Grades 6–11: Edelweiss Tour to Germany/Austria/Switzerland
- June 6–15, 2023
- Trip Leader: Chad Knesek

Mark Your Calendar

Monday, November 7

- *Immersion and Explorations*
 - **Carolina Creek Retreat for All Upper School Students**
 - Students should arrive to Couper Campus by 7:00 a.m.
 - Buses depart at 7:10 a.m.
 - Buses depart from Carolina Creek at approximately 4:00 p.m.
 - Buses return to Couper Campus by 6:00 p.m. (We will send updates via email.)
-

Tuesday, November 8

- *Immersion and Explorations*
 - **Freshmen—Houston Food Bank:** Students should arrive at 7:45 a.m.; buses depart at 8:00 a.m.
 - **Sophomores—ACT Practice:** Students should arrive at 8:50 a.m.; ACT practice begins at 9:00 a.m.
 - **Juniors—World Religions Tour:** Students arrive at 8:00 a.m.; buses depart at 8:15 a.m.
 - **Seniors—Seminar With Mrs. Addington:** Students should arrive at 9:00 a.m.
-

Wednesday, November 9

- *Immersion and Explorations*
 - **Students in Theatre Production:** Students should arrive at Piney Point Campus at 8:15 a.m.
 - **Ecotours of Houston:** Students should arrive at 7:45 a.m.; buses depart at 8:00 a.m.
-

Thursday, November 10

- *Immersion and Explorations*
 - **Houston Rockets:** Students should arrive at 9:00 a.m.; bus departs at 9:15 a.m.
 - **Cultural Cooking:** Students should arrive at 8:00 a.m.; bus departs at 8:15 a.m.
 - **History of Houston:** Students should arrive at 8:45 a.m.; bus departs at 9:00 a.m.
 - Students should arrive at 9:00 a.m. for the following:

- **Entrepreneurial Instincts**
 - **Writers in the Schools**
 - **Financial Literacy**
 - **Board Games**
-

Friday, November 11

- ***EARLY DISMISSAL at 1:30 p.m. for Students Who Are NOT Participating in the Upper School Musical Performance***
 - *Immersions and Explorations Will Have the Same Schedule as on Thursday, November 10: Please see above information.*
 - *NCAA National Letter of Intent Signing*
-

Monday, November 14

- *“A” Day*
 - *Regular Uniform*
-

Tuesday, November 15

- *“B” Day*
 - *Regular Uniform*
-

Wednesday, November 16

- *“B” Day*
 - *Regular Uniform*
 - *Upper School Chapel: 10:00–10:30 a.m. in Crum Gym*
-

Thursday, November 17

- *“B” Day*
 - *Regular Uniform*
 - *Winter Sports Pep Rally Originally Scheduled for November 17 Has Been Postponed Until After Thanksgiving*
-

Friday, November 18

- *“A” Day*
 - *Spirit Wear*
 - *Upper School Chapel: 10:00–10:30 a.m. in Crum Gym*
-

Monday, November 21–Friday, November 25

- *Thanksgiving Break*

Church

Mark Your Calendar: Children's Christmas Party Is December 3

Bring your kids to enjoy a visit from Santa Claus and his elves, games, face painting, balloon art, crafts, and REAL SNOW! Be on the lookout for the Evite soon. If you would like to help, please [email Allison Devlin](#).

Join Us to Make Advent Wreaths on November 27

Join us after the 9:00 a.m. or 11:00 a.m. services on November 27 for the treasured St. Francis tradition of making an Advent wreath for your home! We will gather in the People Place to make beautiful, tabletop wreaths with fresh evergreens, festive decorations, and four candles that symbolize the four weeks of Advent. Suggested donation is \$25 per wreath. [Email Allison Devlin](#) to confirm your attendance so she can be sure to have enough supplies on hand.

Weekly Worship Schedule

The Holy Eucharist is offered at 8:00 a.m., 9:00 a.m., 11:00 a.m., and 5:00 p.m. on Sundays. We also offer an evening Eucharist on Wednesdays at 6:00 p.m. We look forward to seeing all those who are ready to return. For those who are not comfortable returning to in-person worship, we will continue to livestream our worship service on Sundays at 9:00 a.m. and 11:00 a.m. Access the livestream via our church [website](#), [YouTube channel](#), or [Facebook page](#). Instructions for livestreaming are included at the bottom of this section.

Pre-K to High School: Sunday Morning Programs

LET IT SHINE! CHILDREN'S BIBLE LESSON

Join Mrs. Devlin each Sunday at 9:00 a.m. for Let It Shine! Children's Bible Breakout. All children from Pre-K to middle school are invited to participate in Let It Shine! during the adult sermon.

LIGHTHOUSE EXPRESSIONS IN ART

Each Sunday after the Family Worship Service, children are invited to join other children in the People Place (across from the Dining Hall) to create an art project based on that day's Let It Shine! lesson.

G.L.O.W. FOR MIDDLE SCHOOL STUDENTS—VOLUNTEER OPPORTUNITIES

We need our middle school students to serve as volunteers each week at Lighthouse Expressions in Art after the Family Worship Service. Come help younger children make the craft project of the week! Contact Allison Devlin via [email](#) or at 713.882.0725 to sign up and receive service hours.

HIGH SCHOOL REVIVAL

High school students are invited to come to the People Place (across from the Dining Hall) each week after the Family Worship Service. Join other students for fellowship, learning, and a question of the day. REVIVAL is led by Nichole Hilgert. For more information, [email her](#) or call 713.468.3996.

Baptisms Will Be Held on November 20 and January 8

Principal feast days are especially appropriate for the Sacrament of Baptism. The following dates have been designated as baptism dates: November 20 (Christ the King Sunday) and January 8, 2023 (Baptism of our Lord). Family baptisms may also be scheduled on available Saturdays, if necessary. If you or a family member would like to be baptized, please contact Sally Jo Flores via [email](#) or call the church office at 713.782.1720 to schedule a date or get more information.

The Men of St. Francis: Next Meeting Is Tuesday

The Men of St. Francis continue their study on the Life of Abraham, with discussion led by Fr. Bates. The group meets at 8:00 a.m. on the second Tuesday of each month. The next meeting will be held November 8. Please note that the location has changed to The Corner Bakery at 9311 Katy Freeway (in the Echo Lane Shopping Center), and breakfast is provided. Please [email Sally Jo Flores](#) to be added to the email distribution for future notices.

Find Your Adventure in Girl Scouts

Join the Tall Pines Hill Girl Scout community, where all girls from kindergarten through eighth grade are welcome. Join other girls for service, camping, STEM, badges, leadership, and sisterhood! For more information, [email the troop leaders](#).

Be Still Yoga Meets Every Other Thursday

Join other women for an hour of yoga and meditative prayer every other Thursday. In stillness, God speaks to our hearts and fills us with the refreshing presence of His Spirit.

- Bring a yoga mat if you have one!
- Refreshments to follow.

- The group meets at 11:30 a.m. every other Thursday in CE212. The next class is on November 17.
- For more information or to RSVP, please contact Allison Devlin via [email](#) or at 713.882.0725.

Join Us Tuesdays for Mom's Bible Study

This fall, the **SFES Moms' Bible Study** meets weekly at 8:30 a.m. on Tuesdays in CE212.

- The study is on the book **"Never Alone: Parenting in the Power of the Holy Spirit"** by Jeannie Cunnion.
- In this seven-session study, **discover how the Holy Spirit's presence and power transform how you lead and love your kids**. You'll be invited to wrestle through the question, "Do I really know how to parent in the power of the Holy Spirit, or have I settled for parenting in my power?" Good news, Mom! The Holy Spirit is championing you in the holy work of motherhood. Where you can't, He can! He is faithfully at work. You are never alone in your pursuit to point your kids to the love of Jesus.
- For more information or to RSVP, please contact **Allison Devlin** via [email](#) or at 713.882.0725.

Help Meet MAM's Updated Supply Needs

Memorial Assistance Ministries has an urgent plea from the pantry team. Demand for pantry products has again peaked, and they are running very low on several items. Here is their latest list of needs:

- **Meals to Go**
 - Individually wrapped cheese/peanut butter crackers
 - Fruit strips
 - Trail mix
 - Vienna sausage
- **Hygiene Items**
 - Size 6 diapers
 - Baby wipes
 - Tissues
 - House cleaner
 - Deodorant for men and women
 - Lotion
 - Shaving cream

Many families continue to need help with the basics. Please keep the pantry in mind if any of your classes, youth groups, or other groups are looking for a project. For additional information, contact the church's director of outreach, [Heather Burkhart](#).

Fair Haven Food Pantry Needs Volunteers/Donations

The Fair Haven Food Pantry has been providing food to help people in the Spring Branch/Memorial area since 1975.

- **November Food Collection Item: Canned Beans**
- Now operating under a client-choice model, **the pantry needs friendly volunteers** to help clients shop for their families, restock shelves, and assist with registration. Feeding the needy is part of serving one another, and as we serve others, we are serving Christ.
- Thank you for not donating any glass containers or expired items.
- For additional information, email [Jessica Antel](mailto:Jessica.Antel@fairhavenpantry.org). To volunteer, [click here](#).

Many families continue to need help with the basics. Please keep the pantry in mind if any of your classes, youth groups, or other groups are looking for a project.

Share Your Prayer Requests Online

Share your prayer requests with us using the “Prayer Requests” link on the [St. Francis Episcopal Church home page](#). Please feel free to submit prayer requests for yourself or for someone you know. All prayer requests are confidential and will not be added to the spoken prayer list, but will be prayed for by our staff and Pastoral Care Council over two months.

Wednesday Night Eucharist, Program, and Dinner

On Wednesdays at 6:00 p.m., join Fr. David Price for Eucharist in St. Clare Chapel, followed by a program and dinner at 6:30 p.m. in the Hogan Board Room.

- Fr. Price is leading a program titled, “The Face—Jesus in Art.” These narrated video lessons trace the dramatically different ways in which Jesus has been represented in art by people throughout history and around the world. It is tantamount to a travelogue of art and monuments from the early 3rd Century to the present: from ancient Rome to 21st Century America.
- The cost of dinner is \$10 per person at the door.
- Contact [Fr. Price](#) for more information.

Bible Studies at St. Francis

St. Francis is hosting the following Bible studies, either in-person, via Zoom, or both. To join a Zoom call, use the event link listed below.

WOMEN'S BIBLE STUDIES

- Wednesdays at 9:00–10:00 a.m.
 - **Study:** Daniel
 - **Contact:** [Louise Richman](#)
 - **Zoom Meeting Link:**
<https://us02web.zoom.us/j/83321039436>
 - **Meeting ID:** 833 2103 9436

- **Passcode:** 649679

MEN'S BIBLE STUDIES

- Tuesdays at 7:00–8:00 a.m.
 - **Contact:** **Martin O'Malley**
 - **Location:** La Madeleine
- Second Tuesday of Each Month at 8:00–9:30 a.m. (**Next meeting is November 8.**)
 - **Study:** The Life of Abraham
 - **Location:** The Corner Bakery (9311 Katy Fwy.)
 - **Includes Breakfast**
- Thursdays at 6:30–8:00 a.m.
 - **Study:** Romans
 - **Contact:** **The Rev. Stuart Bates**
 - **Zoom Meeting Link:**
<https://us02web.zoom.us/j/84206856514>
 - **Meeting ID:** 842 0685 6514
 - **Passcode:** Bi6Ga0

ADULT BIBLE STUDY

- Sundays at 10:00–11:00 a.m.
 - **Study:** The Gospel of Luke and Paul's Letter to the Romans
 - **Location:** Hogan Board Room
 - **Contact:** **George Hippard**

CHRISTIAN MEDITATION AND PRAYER

- Tuesdays at 4:00 p.m.
 - **Meeting:** Christian Meditation
 - **Contact:** **Fr. David Price**
 - **Location:** The Bride's Room
 - **Zoom Meeting Link:** **<https://us02web.zoom.us/j/203726298>**
 - **Meeting ID:** 203 726 298
 - **Passcode:** 05741
- Thursdays at 7:00 a.m.
 - **Meeting:** Christian Meditation
 - **Contact:** **Fr. David Price**
 - **Location:** The Bride's Room
 - **Zoom Meeting Link:** **<https://us02web.zoom.us/j/203726298>**
 - **Meeting ID:** 203 726 298
 - **Passcode:** 057417
- Thursdays at 6:15–6:45 a.m.
 - **Meeting:** Prayer Session (We read Scripture and go through a prayer cycle of praise, confession, thanksgiving, and intercession.)
 - **Contact:** **Heather Burkhart**
 - **Zoom Meeting Link:** **<https://us04web.zoom.us/j/79725936159>**
 - **Meeting ID:** 797 2593 6159

- **Passcode:** 678123
- Saturdays at 10:00 a.m.
 - **Meeting:** Spiritual Enrichment
 - **Contact:** [Fr. David Price](#)
 - **Location:** The Bride's Room

How to Watch Sunday Service Via Livestream

If you would like to join St. Francis Episcopal Church's 9:00 a.m. or 11:00 a.m. Sunday service via livestream, here's how to watch:

1. Open an Internet browser on your computer, laptop, or phone. Type in the St. Francis website—sfch.org.
2. Click on the "Watch Live Stream Worship Services" button. Either the 9:00 a.m. or 11:00 a.m. service will be available. If you prefer to watch from Facebook or YouTube, click on the links to go to those streaming servers.

Prelude music will begin on the livestream 10 minutes before the service to allow time for your connection and your inspiration. If you miss the live video, a recording of the service will also be available on [St. Francis's YouTube channel](#).